



GREY POWER MARLBOROUGH

Advocating for people 50 +

From the President's Desk

Grey Power Marlborough had its last meeting with the outgoing Mayor John Leggett in August. Mayor Leggett has been an avid supporter of Grey Power in Marlborough and we have had a great relationship with him and his team. We hope to have the same relationship with the incoming Mayor and to work alongside council to continue to support seniors in this arena.

Marlborough District Council, unlike many other councils around New Zealand, is very supportive of seniors by continuing to have housing stock available for seniors and building on this stock when they can. They also provide the Access & Mobility council sub-committee, the Housing Group, hosted through council, and the Older Persons Forum meetings. Council has also committed to a 2022-2027 'Marlborough Age Friendly' strategy with many actions to complete by that time.

Grey Power Marlborough also facilitated three meetings to meet the hopeful candidates for the local elections to be held in October this year. There were two in Blenheim and one in Picton.

Unfortunately, not all candidates could attend these meetings due to the recent weather events, but twenty candidates attended these three meetings. About one hundred members of Grey Power and the general public attended to listen to what the candidates had to say.

While there were still candidates standing for re-election there were many new faces that were standing for the first time. The wealth of knowledge these candidates brought to the meeting was enlightening and all of them were passionate about continuing to support Marlborough through being on the Marlborough District council.

Please take the time to read up on the candidates so you can make an informed decision before you vote.

Gayle Chambers
President



A friendly place to meet

If you are looking for a place in the community "where everyone will know your name" then the Enliven Tōtara Club is the place for you. The Tōtara Club is a day programme offered to older people who are at risk of becoming isolated or lonely.

If you need assistance getting to the Tōtara Club, the friendly team at Enliven will arrange transport for you. Welcoming smiles greet you upon arrival followed by a catch up over morning tea which always includes some delicious home baking!

A wide variety of activities will keep you entertained and active

including gardening, exercise programmes, day trips to explore the latest events in Marlborough, and presentations from guest speakers of interesting local community groups. Board games and quizzes provide an element of competitiveness and an opportunity for you to enjoy some lively debate and discussion over a wide range of topics.

"I really enjoy the delicious home cooked lunches," says one Tōtara Club member, "They are just like the meals that mum used to make!" Nutritious meals are provided and the Enliven team welcome recipe ideas and suggestions. A book of tried-and-

true recipes from club members has been developed and many of these favourites feature regularly on the menu.

If the Enliven Tōtara Club sounds like something you, or someone you know, would enjoy, ask your GP or the Needs Assessment team at Te Whatu Ora for a referral. Or, if you want to find out more phone 03 2654243 or email marlbtotara@psusi.org.nz. The Enliven Tōtara Club is a service of Presbyterian Support Upper South Island, a not-for-profit organisation that has been proudly supporting vulnerable people in our community for over 110 years.

Scam Alert

Pete Matcham, Transport National Advisory Group Chair of Grey Power, advises of a scam circulating re Waka Kotahi – NZ Transport Agency.

Waka Kotahi is encouraging people to be vigilant, because of a number of online scams targeting vehicle owners. They included scammers pretending to be Waka Kotahi representatives and asking drivers to urgently renew their licences, another saying the driver had overdue toll payments, and another claiming the driver was owed a refund. A link in the emails then transfers drivers to a fraudulent website.

Waka Kotahi only sends emails if a person has contacted it first, or if a person had signed up to receive email notifications and reminders. People who might have fallen victim to the scam should contact their bank immediately and ask it to stop the suspicious payments.



Do not respond to the email but use the internet or your own original documents to find the Waka Kotahi contact number and contact directly.



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Disability Services

We all know how it feels to be a happy customer, and how we feel if services don't meet our expectations. Feeling happy with the care you have been given is even more important when receiving a health service or support from a disability service.

If you are unhappy about a disability or health service you are or have been getting, advocates from the Nationwide Health and Disability Advocacy Service are available to provide free support to help you resolve those concerns.

In New Zealand, we have the Code of Health and Disability Services Consumers' Rights, or the 'Code' for short. Under the Code you have rights and providers have duties.

Among other things, the Code states that service providers must treat you with respect, fairly and without discrimination or pressure, and provide enough information to allow you to make an informed choice about the services you receive.

You must always be able to ask questions, seek support, and tell someone if you don't feel comfortable with something.

Disability services come under the Code Rights. The Code covers a broad range of services that people with disabling conditions use for their care or support. This includes services that promote independence, as well as goods, services and facilities. If you are not sure if a service comes under the Code, please contact an advocate to talk.

Most of the time you will be happy with how you have been treated, but when you're not, you have the right to complain to the person or place providing the service, or you can ask for help from the free advocacy service to make your complaint. Complaints help providers to identify where they can improve services and most welcome feedback.

If you ask an advocate for help you will



be provided with information about the Code and how the advocacy service can help you with your complaint.

Advocates working in this service are employed by a Trust and are independent from health and disability service

providers, the Ministry of Health, and the Health and Disability Commissioner. They have a high satisfaction rating.

Call 0800 555 050, email advocacy@advocacy.org.nz or visit the website: <https://www.advocacy.org.nz>

Office Snippets

1. We are still chasing up some unpaid subs. Please do let us know if you have decided not to renew this year, and do not assume that not paying achieves this. Many of our members are Grey Power Electricity customers and do need to renew to keep the power discounted rate.

2. Please check your email SPAM/JUNK folders, as sometimes the invoices and newsletters end up in there.

3. If you believe that you have paid, but still have a yellow, or green, sticker on your card, please check your bank statements. Some payments have been made to an old bank account number and return to the member's bank account. We are unaware that you

have tried to pay, and the membership remains outstanding.

4. Please remember to let us know any changes of address, phone numbers and emails.

5. Available from the office:
-Hearing aid batteries, sizes A10, A13 and A312

-Why Keep It Secret? A booklet to note down next of kin, financial information, where to find your will, insurances etc to make it easier for your family should you become unable to tell them this important information. Just \$6.

6. We have one email address that receives 90% scam emails: warnings re antivirus expiry, someone overseas

who needs to "give" us money, car registration expiry, even IRD refund – please login to IRD via this link.... Always check the originating email address.

7. Gayle Chambers, Grey Power Marlborough president, will be in the office on Tuesday 13 September, 10.30 – 11.30am for any queries or issues.

8. With the current worker shortage, we are receiving occasional requests to advertise jobs. These will go on our Facebook page, along with local events and information, press releases from Grey Power NZ etc.

9. Office hours are Monday to Friday, 9am to 1pm. Ph 578 4950.

Repair Cafe

The Repair Cafe is open every fourth Saturday of every month, 9 am to 12 noon at John's Kitchen, 2 Redwood Street, Blenheim.

The organisers need people to volunteer their skills in repairing whatever is brought in to have fixed. This might well suit a senior who has both time and skills on Saturday mornings. They want fix-it people to fix whatever may be brought in to give it some new life and reduce waste.

Contact Gerrie Mead ph 027 3030 762 after 17 September.



On average it takes 7 years for someone with a hearing loss to seek help with their hearing. Don't wait and miss out on hearing the things and people you love.

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